



Pregnancy and neonates: postnatal mental health

NICE indicator

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www.nice.org.uk/indicators/ind178

Indicator

The percentage of women who have given birth in the preceding 12 months who have had an enquiry about their mental health between 4 to 16 weeks postpartum.

Indicator type

General practice indicator suitable for use in the Quality and Outcomes Framework.

This document does not represent formal NICE guidance. For a full list of NICE indicators, see our [menu of indicators](#)

To find out how to use indicators and how we develop them, see our [NICE indicator process guide](#)

Rationale

Women may be vulnerable to common mental health problems in the antenatal and postnatal periods. Early identification and management of these conditions are of benefit to women and their children. At present, many women do not recall being asked about their mental wellbeing during this time. The aim of this measure is to encourage practices and GPs to discuss mental health and wellbeing with women.

Source guidance

Antenatal and postnatal mental health: clinical management and service guidance. NICE guideline CG192 (2014, updated 2020), recommendation 1.5.4

Specification

Numerator: The number of women in the denominator who have had an enquiry about their mental health between 4 to 16 weeks postpartum.

Denominator: The number of women who have given birth in the preceding 12 months.

Calculation: Numerator divided by the denominator, multiplied by 100.

Exclusions: Women who are less than 16 weeks postpartum at implementation.

Minimum population: The indicator would be appropriate to assess performance at individual general practice level.

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